

THE CENTERED PLACE YOGA STUDIO

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Nancy Nowak & Phil Milgrom, Co-Directors

~ April 2012 ~							
◀ Mar 2012	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	May 2012 ▶
1		2 5:30 - 7 p.m. All levels 7:30 - 9 p.m. Deeper	3 9 - 10:30 a.m. All levels 7 - 9 p.m. Advanced Bliss	4 3:30 - 5:00 p.m. All levels 5:30 - 7 p.m. All levels 7:30 -9 pm Rays of Hope	5 9 - 10:30 a.m. All levels 7:30 - 9 p.m. All levels	6 9 to 10:30 am Continuing Plus	7 9 - 10:30 a.m. All levels
8		9 5:30 - 7 p.m. All levels	10 9 - 10:30 a.m. All levels 7 - 9 p.m. Advanced Bliss	11 3:30 - 5:00 p.m. All levels 5:30 - 7 p.m. All levels 7:30 -9 pm Rays of Hope	12 9 - 10:30 a.m. All levels 7:30 - 9 p.m. All levels	13 9 to 10:30 am Continuing Plus	14 9 - 10:30 a.m. All levels Bliss Mini Retreat 1-4 pm \$39
15		16 5:30 - 7 p.m. All levels 7:30 - 9 p.m. Deeper	17 9 - 10:30 a.m. All levels 7 - 9 p.m. Advanced Bliss	18 3:30 - 5:00 p.m. All levels 5:30 - 7 p.m. All levels 7:30 -9 pm Rays of Hope	19 9 - 10:30 a.m. All levels 7:30 - 9 p.m. All levels	20 9 to 10:30 am Continuing Plus	21 9 - 10:30 a.m. All levels
22		23 5:30 - 7 p.m. All levels 7:30 - 9 p.m. Deeper	24 9 - 10:30 a.m. All levels 7 - 9 p.m. Advanced Bliss	25 3:30 - 5:00 p.m. All levels 5:30 - 7 p.m. All levels 7:30 -9 pm Rays of Hope	26 9 - 10:30 a.m. All levels 7:30 - 9 p.m. All levels	27 9 to 10:30 am Continuing Plus	28 9 - 10:30 a.m. All levels FREE NEWCOMERS' Class 2-4 PM
29		30 5:30 - 7 p.m. All levels 7:30 - 9 p.m. Deeper	Notes:				